

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (Original) A composition for producing a satiation effect and for weight reduction comprising at least one compound which is swellable and comprises nutrients or active compounds or mixtures of nutrients and active compounds.
2. (Previously presented) The composition as claimed in claim 1, wherein the swellable compound comprises anionic polymers.
3. (Previously presented) The composition as claimed in claim 1, wherein the anionic polymers present are polysaccharides.
4. (Previously presented) The composition as claimed in claim 1, wherein it comprises polyuronic acid-containing polysaccharides.
5. (Previously presented) The composition as claimed in claim 1, wherein the polyuronic acid-containing polymers are alginic acid

or its derivatives or cellulose or its derivatives or mixtures of said compounds.

6. (Previously presented) The composition as claimed in claim 1, wherein the polymers having a low degree of esterification present are pectins, xanthan, tragacanth, chondroitin sulfate or mixtures of these compounds.

7. (Previously presented) The composition as claimed in claim 1, wherein the polymers having a low degree of esterification present are pectins, xanthan, tragacanth, chondroitin sulfate or mixtures of these compounds.

8. (Previously presented) The composition as claimed in claim 1, wherein the nutrients present are vitamins, amino acids, minerals or trace elements.

9. (Previously presented) The composition as claimed in claim 1, wherein the active compounds present are vitamins, trace elements or pharmaceutical active compounds.

10. (Previously presented) The composition as claimed in Claim 1, wherein it is present in the form of a powder.

11. (Previously presented) The use of a composition as claimed in claim 1 for producing a satiation effect and for weight reduction.

12. (Previously presented) The use of a composition as claimed in claim 1 for the delayed release of nutrients or active compounds or mixtures thereof.

13. (Previously presented) The use of a composition as claimed in claim 1 for the preparation of a composition for producing a satiation effect and for weight reduction.

14. (Previously presented) The use of a composition as claimed in claim 1 for the preparation of a composition for the delayed release of nutrients or active compounds or mixtures thereof.

15. (Previously presented) The use as claimed in claim 14, wherein a composition as claimed in claim 1 is stirred into a liquid, preferably water, fruit juice, milk, coffee or tea beverages.

16. (Previously presented) The use as claimed in claim 15, wherein a beaker consisting of two containers (3) and (4) is employed, where a liquid (5) is situated in or filled into one container (4), and the other container (3) contains the composition (2) as claimed

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in claim 1, which composition is introduced into the liquid (5) by bringing the opening of the container containing the composition (2) over the opening of the container containing the liquid.

Claims 17-38 (Canceled).